

HERITAGE CENTER

2018

Recreation for 55+

April

NAVIGATING THROUGH FRAUD, SCAMS, AND OTHER OBSTACLES

Please mark your calendars for **Tuesday, April 17**. We will be hosting a full-day symposium on **NAVIGATING THROUGH FRAUD, SCAMS, AND OTHER OBSTACLES**. Heritage Center participants have voiced concerns about the threat of being victimized by some type of Identify fraud or scam. Get the most updated information from the best authorities in the State of Utah.

No other classes or services will be held on Tuesday, April 17. Registered participants will hear two **keynote addresses** and choose four presentations to attend. The cost of **\$8** per person will include a continental breakfast and lunch. [Register now](#).

Ché Arguello, Assistant Attorney General

Jane Driggs, Better Business Bureau

Dolores Furniss, Utah State Tax Commission

Matt Gephardt, KUTV 2 News

Karen McMullin, Utah Division of Securities

Nan Mendenhall, Adult Protective Services

Daniel O'Bannon, Utah Consumer Protection Agency

Alan Ormsby, AARP

Michael Pickett, Federal Bureau of Investigation

Robert Steed, Assistant Attorney General

Carolyn Stimpson, Mountain America Credit Union

Greg Stone, Murray City Police

Jake Taylor, Assistant Attorney General



2018 Special Events

Tuesday, May 8	Mother's Day Tea
Monday, June 11	Summer Kick-off
Monday, September 10	Open House
Thursday, September 20	Dinner Dance
Wednesday, October 17	Oktoberfest
Monday, November 5	Veterans Brunch
Wednesday, November 14	Thanksgiving Meal
Friday, December 7	Holiday Boutique

Inside this issue:

General Information	2
Education	3
Miscellaneous	5
Calendar of Events	6
Recreation	8
Services	9
Fitness	10
Travel	11
Lunch Menu	12

Murray Heritage Center



#10 East 6150 South
Murray, UT 84107

801-264-2635

heritage@murray.utah.gov
murray.utah.gov/140/Heritage-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Dave Nicponski, District 1
 Dale Cox, District 2
 Jim Brass, District 3
 Diane Turner, District 4
 Brett Hales, District 5

Heritage Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Scott Harris
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Don Smith
Volunteer Drivers	Jerry Budd
	Chuck Dillard
	Sonny Jckowski
	Tom Thompson
Building Attendant	Pete Wright

Heritage Center Advisory Board

Erich Mille (Chair)	Christine Clark
Richard Clark	Brenda Clausen
Connie Gardner	Ed Houston
Jenny Martin	Pete Wright
Rod Young	

Heritage Senior Adults, Inc.

DONATIONS made to the Heritage Center go to the Heritage Senior Adults, Inc. which is a 501(c)3 and funds a scholarship program for our seniors.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Center all the proceeds from sale of the cards.

Every time you swipe your rewards card at Smith's, the Heritage Center will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to us.

Add a tile to the **WALL OF SUPPORT** in the Heritage Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state of the art laser technology. This ensures strength and durability for a lifetime.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for activities at the Heritage Center. Applications are available at the Front Desk or on our website.

Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available for pick-up at the Heritage Center, online at www.murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Heritage Center and the suggested donation is \$1 per issue. *Newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is one working day, for trips or special events it is five working days, and for overnight trips it is five weeks to receive a full refund.

The Heritage Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray City" on your credit card statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to participate in activities at the Heritage Center. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

Experienced Hand Quilters Needed!

We currently need help finishing a quilt that will be raffled off at the Holiday Boutique on Friday, December 7. The raffle money received will go toward the Heritage Center's Scholarship program.

Interested quilters will meet on **Wednesday, April 18 at 1:00-3:00** in the West Conference Room and will continue to quilt on Wednesdays until the quilt is finished.

If interested, contact Leda at 801-949-3939.



Gardening Class

If you've ever noticed the beautiful gardens in the patio area of the Center, you have been witness to the wonderful touch of Pete and Leda Wright. Pete and Leda spend countless hours sprucing up the grounds as well as working in their own home garden. They are willing to share their secrets to a beautiful and functional garden during a six-week **GARDENING CLASS**. Classes will begin on **Friday, April 6 at 10:00-11:30** and run through Friday, May 11. This is a free class. [Register now.](#)

Climbing the Peaks

On **Tuesday, April 10 at 10:30**, Carol Masheter will talk about her most recent climbing trip to **MOROCCO**. "Have you climbed the highest peak in North Africa?" her friend Mo Sbai asked her during a hike with friends from University of Utah and Utah Department of Health. Mo is a neuroscientist from Morocco who runs a clinic in Marrakech that trains therapists and treats people with traumatic brain injury. "No," she replied, "What is this mountain, and what would it take to climb it?" This is how the adventure began for twelve adventurers from Utah to Morocco in October 2017. They climbed Jebel Toubkal, the highest mountain in North Africa. Come enjoy Carol's presentation as she magically transports you to Africa. This is a **free** class. [Register now.](#)

Heritage Walking Club

Get fit and have fun with the **HERITAGE WALKING CLUB**. The benefits of walking include improving cardio fitness, lowering blood pressure, and slowing the aging process.

We will kick off the club with a group walk on **Friday, April 20 at 9:00** in the **Grant Park Pavilion** (just west of the Heritage Center). We have invited local running/walking expert Rebecca Gibbs to talk to our group about proper clothing, footwear, warm-up, and techniques to get us started. We will supply walking routes and tips. Chart your progress as we walk to "Disneyland."

Cost of the program is **\$7** and all participants will receive a t-shirt and a pedometer to track your progress. [Register now](#) and start walking for fitness.

Earthquake House Class

On **Friday, April 20 at 10:30**, Maralin Hoff, "The Earthquake Lady" from the State of Utah Department of Public Safety, will bring her large **EARTHQUAKE HOUSE** which lights up and is filled with household items and the real sounds of a California earthquake.

This presentation will teach participants how they can "safe proof" their homes. During an earthquake, great movement occurs and you may injure yourself and suffer financial hardship. Home owner insurance does not cover damages to flat screen TV's, china, cabinets, shelves, curios, household furnishings, etc. You will learn some simple ways to secure wall units and furnishings and how to keep them from falling. She will also teach you to protect yourself from getting hurt. This is a **free** class. [Register now.](#)

AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, April 24 at 9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

Vital Aging

Rhonda from the **VITAL AGING** project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

On **Tuesday, April 24 at 10:30**, Rhonda will present a new wellness class called **LOOKING OUT FOR THE WELL-BEING OF YOURSELF AND OTHERS**. No matter what age we are, it is important to be aware of our emotional and physical well-being. Questions to ask yourself: "Am I in pain?" "Have I experienced a loss?" "Do I feel depressed or lonely?" There is hope for you to feel better! Come learn new ways to take charge of your well-being that can make a big difference. This is a **free** class. [Register now.](#)

Painting Classes

John Fackrell's **WATERCOLOR** class will begin a new six-week series on **Monday, April 16** through **May 21** at **9:00-12:00**. Cost is **\$33**. Registration begins on Monday, April 2.

John and Joan Fackrell's **ART APPRECIATION** class will begin a new six-week series on **Monday, April 16** through **May 21** at **1:00-3:30**. Cost is **\$33**. Registration begins on Monday, April 2.

Sandi Olson's **PAINTING** class will begin a new eight-week series on **Wednesday, April 4** through **May 23** at **9:00-12:00**. Cost is **\$40**. Registration began on Tuesday, March 20. Sandi is knowledgeable and paints in both watercolor and oil; she has some experience with pastels and acrylics.

Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

In **CRAFTING WITH SUSAN**, the project for **Tuesday, April 10** will be a cute flower door hanger. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Class is at **2:00**. Register now.

Computer Lab

The **COMPUTER LAB** has six personal computers running Microsoft Windows 10. Computers are available anytime a group class is not being held.

The Heritage Center also has an iPad available for use while at the Center if you would like to try out a tablet.

There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or in the cash box located in the Computer Lab).

Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computer or device help (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's **GENEALOGY** class will begin a new five-week series on **Wednesday, April 4** through **Wednesday, May 2** at **12:30-1:30**. This is a **FREE** class. Space is limited to six participants. Register now.

Katy Coombs has one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00 and 3:00**. Katy can assist with computer or device help. Cost is **\$3**. Registration and payment needed in advance.

Volunteer of the Month: Tom Thompson



Tom grew up in Kaysville, Utah and graduated from Davis High School. He earned a dual Master's Degree in English and History from the University of Utah. Shortly after graduation, he taught High School in Chicago. After one year, Utah was calling him back home. Tom and his wife Pat moved back to start a 42-year career in the promotional products business. Three years ago Tom retired. Tai Chi brought him to the Heritage Center where he started volunteering in the kitchen, as a driver and escort for trips, and performing in the Readers Theater. In addition to volunteering at the Center, Tom is actively involved in the community. He delivers Meals on Wheels, is the President of the Bonneville Exchange Club, serves on his HOA Board, and has been a sponsor of several refugees from other countries through Catholic Relief Services. His hobbies include reading (particularly a good mystery), hiking and traveling. Since his retirement, he and his wife have traveled to South Africa, the United Kingdom, Scandinavia and the Baltic Countries, including Russia. In April, he and his wife will travel to Spain for their 50th wedding anniversary.

Tom enjoys volunteering at the Center and hopes to continue for a long time. We will honor Tom on **Tuesday, April 10** at **noon**.

Mother's Day Tea

The annual **MOTHER'S DAY HIGH TEA** will be held on **Tuesday, May 8** from **11:30-1:00**. The cost is **\$8** per person, **\$48** for a table of six, or **\$64** for a table of eight.

Registration begins Wednesday, April 18.

Choose where you would like to sit for this "family" style meal.

Plates of food will be served at your table and include bite-sized foods that are served as part of a traditional English High Tea. A variety of tea choices will also be available to sample. Brian Ballard will play background music on the piano.



Birthday Wednesday

Celebrate your **BIRTHDAY** on the first **WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade! There is free cake and ice cream for everyone to enjoy, too.

Brunch Café

We will be offering our **BRUNCH CAFÉ** on **Tuesday, April 10** from **11:00-12:30**. You may choose a complete meal or pick à la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order. Please come and enjoy! *This is our last Brunch Café on Tuesdays until the fall. Our Brunch Café returns to Monday beginning on June 18.*

Readers Theater

The **READERS THEATER** troupe meets **Thursday** at **3:00-4:00**. If you would like to participate, please come and join in the fun! The troupe will occasionally perform their new plays at **12:30** between lunch and bingo on Fridays. A play is scheduled for **Friday, April 27**.

Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

Golf General Meeting

The Heritage Center's **GOLF LEAGUE** will begin this year with the general meeting of all interested players on **Monday, April 9** at **10:30**. The golf schedule will be reviewed and local rules for the season outlined.

Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100+ players who will participate in each tournament.

Fees for each tournament include green fees, electric cart, and prizes. A one-time initial sign-up fee of **\$7** is to be paid in addition to the registration fee for the first tournament played. All tournament fees must be paid at least 10 days before the tournament is played.

2018 Season Schedule

April 30	9:00	Lakeside
May 14	8:00	Valley View*
May 21	8:30	The Ridge
June 4	8:00	Murray
June 18	8:00	Mountain Dell
June 25	8:00	Wasatch
July 16	7:30	Glenmoor
July 30	8:00	Round Valley*
August 13	7:30	Davis Park
August 27	7:30	Riverbend
September 17	8:30	Talons Cove
September 24	8:30	Meadowbrook
October 8	12:00	Year End Banquet

*Scramble

Summer Family Concert Series

Please note the below schedule for our 2018 Summer Family Concerts which are held on the **2nd Monday** at **7:00 pm**. These concerts are **free** for all ages and are held in our Backyard Plaza. Doors open at 6:00 pm.

Monday, Jun 11	IN CAHOOTS (classic country)
Monday, Jul 9	SKYEDANCE (Celtic)
Monday, Aug 13	COMPANY B (jazz)
Monday, Sep 10	MIXED NUTS (big band)



Monthly Calendar

2018

Murray Heritage Center



#10 East 6150 South
Murray, UT 84107

801-264-2635

heritage@murray.utah.gov
murray.utah.gov/140/Heritage-Center
Director: Tricia Cooke

Monday – Friday


8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

MONDAY	TUESDAY
9:00 NIA 9:00 Watercolor 9:00 Utah Cultural Center Trip 9:30 Ear Wax Removal 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance / Personal Training 1:00 Art Appreciation 1:00 Movie: Paycheck 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance 10:30 Beginning Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Golf Meeting 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance / Personal Training 1:00 Art Appreciation 1:00 Movie: Beyond the Sea 2:00 Strength Conditioning	8:30 Ceramics / 9:00 Stretch 9:30 Line Dance 10:30 Beginning Tai Chi 10:30 Climbing the Peaks 11:00 Canasta / Brunch Café 12:00 Volunteer of the Month 12:45 Crafters 1:00 Medicare Counseling 1:30 Legal Consultation 2:00 Beginning Line Dance 2:00 Crafting with Susan
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance 12:30 Personal Training 1:00 Art Appreciation 1:00 NO MOVIE 2:00 Strength Conditioning	 <p>\$8 pre-registration see Front Page for details</p>
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance 1:00 Art Appreciation 1:00 Movie: The Force Awakens 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance / Shriners Hospital 9:30 AARP Smart Driving 10:30 Beginning Tai Chi / Vital Aging 11:00 Canasta 11:30 Lunch 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance
9:00 Lakeside Golf 9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance 1:00 Art Appreciation 1:00 Movie: The Last Jedi 2:00 Strength Conditioning	

WEDNESDAY		THURSDAY		FRIDAY	
9:00 Painting	4	8:00 Pickleball Instruction	5	9:00 Zumba	6
9:00 Haircuts		8:30 Ceramics		10:00 Yoga	
9:15 Pinochle		9:00 Pickleball		10:00 Gardening Class	
10:00 Yoga / Transportation		10:30 Beginning Tai Chi		11:15 Chair Aerobics	
11:15 Chair Aerobics		11:30 Lunch		11:30 Lunch	
11:30 Birthday Wednesday Lunch		11:45 Massage		12:30 Balance Class	
12:30 Genealogy		2:00 Computer Help		12:30 Personal Training	
12:30 Tax Assistance		2:00 Strength Conditioning		12:45 Bingo	
12:45 Bingo		3:00 Readers Theater		1:00 Bridge	
1:00 Bridge		7:00 Evening Social Dance			
9:00 Painting	11	8:00 Pickleball Instruction	12	9:00 Zumba	13
9:00 Haircuts		8:30 Ceramics		10:00 Yoga	
9:15 Pinochle		9:00 Pickleball		10:00 Gardening Class	
10:00 Yoga / Transportation		10:30 Beginning Tai Chi		11:15 Chair Aerobics	
11:15 Chair Aerobics		11:30 Lunch / 11:45 Massage		11:30 Lunch	
11:30 Lunch		1:00 Game Day		12:30 Balance Class	
12:30 Genealogy		2:00 NO Computer Help		12:30 Personal Training	
12:30 Tax Assistance		2:00 Strength Conditioning		12:45 Bingo	
12:45 Bingo		3:00 Readers Theater		1:00 Bridge	
1:00 Bridge		7:00 Evening Social Dance			
9:00 Painting	18	8:00 Pickleball Instruction	19	9:00 Zumba	20
9:00 Haircuts		8:30 Ceramics		9:00 Heritage Walking Club	
9:15 Pinochle		9:00 Pickleball		10:00 Yoga	
10:00 Yoga		10:30 Beginning Tai Chi		10:00 Gardening Class	
10:00 Transportation		11:30 Lunch		10:30 Earthquake House Class	
11:15 Chair Aerobics		11:45 Massage		11:15 Chair Aerobics	
11:30 Lunch		12:30 Tulip Festival Trip		11:30 Lunch	
12:30 Genealogy		2:00 NO Computer Help		12:30 Balance / Personal Training	
12:45 Bingo		2:00 Strength Conditioning		12:45 Bingo	
1:00 Bridge		3:00 Readers Theater		1:00 Bridge	
1:00 Quilters		7:00 Evening Social Dance			
9:00 Painting	25	8:00 Pickleball Instruction	26	9:00 Zumba	27
9:00 Haircuts		8:30 Ceramics / 9:00 Pickleball		10:00 Yoga	
9:15 Pinochle		9:30 Toenail Clipping		10:00 Gardening Class	
10:00 Yoga		10:00 Serving Time Café		11:15 Chair Aerobics	
10:00 Transportation		10:30 Beginning Tai Chi		11:30 Lunch	
11:15 Chair Aerobics		11:30 Lunch / 11:45 Massage		12:30 Readers Theater Performance	
11:30 Lunch		1:00 Game Day		12:30 Balance Class	
12:30 Genealogy		2:00 Computer Help		12:45 Bingo	
12:45 Bingo		2:00 Strength Conditioning		1:00 Bridge	
1:00 Bridge		3:00 Readers Theater			
1:00 Quilters		7:00 Evening Social Dance			

Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday** at **11:00**.

BRIDGE play is on **Wednesday** and **Friday** at **1:00-4:00**. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday** at **11:00-2:30** with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday** at **9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check in.

Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCING** is held on **Tuesday** at **9:30** for all dancers and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Bingo

BINGO is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

A special **THANK YOU** to **Village Inn** for donating a pie each week for the elimination game and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

In order to offer the same quality prizes and games of bingo; we are suggesting the following donation amounts: **\$1** for 1-3 cards played; **\$2** for 4-6 cards played.

Game Day

Come join in on **GAME DAY** on **Thursday, April 12** and **Thursday, April 26** at **1:00**. We will have fun playing games like Mexican Train, Rummikub, Dominos, and other board games. We also have Wii games available.

Monday Movie

Join us on **Monday** at **1:00** for a **free MOVIE** and popcorn!



PAYCHECK

Monday, April 2
2003 / 119 minutes
Action Mystery



BEYOND THE SEA

Movie is based on the life of Bobby Darin
Monday, April 9
2004 / 118 minutes
Musical Drama

NO MOVIE TODAY

Monday, April 16



STAR WARS: THE FORCE AWAKENS

Monday, April 23
2015 / 133 minutes
Epic Space Drama



STAR WARS: THE LAST JEDI

Monday, April 30
2017 / 152 minutes
Epic Space Drama

Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night** at **7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, and Tony Summerhays.

Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **11:45 to 3:45**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage. 60-minute appointments are for one individual only; it cannot be split with anyone else.*

Ear Wax Removal and Hearing Testing

On **Monday, April 2** from **9:30 to 11:30**, Dr. Leibovich will be at the Heritage Center providing **EAR WAX REMOVAL** and hearing testing services. Appointments are available every 15 minutes. This is a **free** service. Advance appointments are required.

Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, April 26** from **9:30 to 12:00**. The cost is **\$11**. Toenail scheduling will begin Thursday, March 22. Payment is required at time of scheduling.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

Transportation

TRANSPORTATION to and from the Heritage Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, April 10** from **1:30 to 3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, April 10** from **1:00 to 3:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

AARP Tax Assistance

Volunteers from AARP will be providing free **TAX CONSULTATIONS** and preparation for taxpayers with middle and low income who are age 55 or older.

This free and confidential service will be available each **Wednesday** through **April 21** from **12:30 to 4:00**. Appointments are required.

Please remember your appointment date and then make sure you cancel in advance if you are not able to attend. This is an extremely popular service and we hate to have the tax volunteers left with empty spots from cancellations and no-shows.

VITA (Volunteer Income Tax Assistance) volunteers will be available on **Thursday** evenings. Appointments are encouraged. Please **call 211** to schedule an appointment for this **FREE** service.

Exercise Classes

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

STRETCH AND TONE

Tuesday 9:00-10:00

Stretching increases flexibility, improves balance, and helps with range of motion.

BEGINNING TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

ZUMBA

Friday 9:00-10:00

Involves dance and aerobic movements performed to energetic music.

CHAIR AEROBICS (25¢)

Wednesday and Friday
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 monthly fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are *not included* in Silver Sneaker or Silver & Fit Medicare Supplement Insurance benefit

Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is \$1 per day, \$5 for the month, or free if you have Silver Sneakers, Silver & Fit, or Heritage Center's Total Fitness Pass. Ask at the Front Desk for details.

University of Utah Students

The University of Utah Exercise and Sports students will be at the Heritage Center every **Monday** and **Friday** at **12:30-2:00**.

The students teach a **BALANCE CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills. These two classes are included with the Exercise Room fee.

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

The current eight-week session ends on **Monday, May 21** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

Utah Cultural Center: Tempest

The **UTAH CULTURAL CELEBRATION CENTER** has invited our group to a special performance of Shakespeare's *The Tempest* performed by the Traveling Troupe of the Utah Shakespeare Festival. While there, you can visit their gallery exhibit "**Bob Hope, An American Treasure**" presented by the World Golf Hall of Fame and Museum.

The Center bus will depart at **9:00** on **Monday, April 2**. After the museum, we will have lunch at Cracker Barrel (on your own). Cost for the trip is **\$5**. Register now.

Tulip Festival at Thanksgiving Point

The Center bus will leave at **12:30** on **Thursday, April 19** or **Tuesday, May 1** for Thanksgiving Point and their annual **TULIP FESTIVAL**. Return to the Center about 3:30. Cost for the trip is **\$20** and includes transportation and ticket to the Tulip Festival. Registration begins Wednesday, April 4.

This trip involves a considerable amount of walking; there are carts you can rent for an additional charge at Thanksgiving Point (we have not made arrangements for carts).

Serving Time Café

Join us for lunch at the **SERVING TIME CAFÉ** in Draper, overlooking the Utah State Prison. Choose from a fun list of prison-related items and lunch will be on your own. The bus will depart the Center at **10:00** on **Thursday, April 26** and travel to the Serving Time Café. Cost is **\$5** for transportation (lunch is on your own). Register now.

Wendover

Travel to **WENDOVER** on **Thursday, May 10** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. Depart the Heritage Center at **8:30** and return at approximately **7:00**. Register now. Next Wendover trip is **July 12**.

Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Heritage Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

Shriners Hospital & Masonic Temple

The bus will leave **Tuesday, April 24** at **9:30** and travel to Shriners Hospital and the Masonic Temple. Return time is approximately 3:30. Cost for this trip is **\$5**. Lunch will be on your own at the Shriners Hospital cafeteria. Registration begins Wednesday, April 11.

We will travel to the **SHRINERS HOSPITAL** for a tour and lunch. After our tour of Shriners Hospital, we will travel to the **MASONIC TEMPLE**. The construction of the Masonic Temple commenced on July 29, 1926 at a cost of \$750,000.

Our tour will be conducted by Aaron Saathoff, a long-time Mason.

Tuacahn

It's never too early to be thinking about summer plans and our annual **TUACAHN** trip is set to depart **Monday, June 4**. Plan to travel to southern Utah and Mesquite spending a few evenings at the Tuacahn Amphitheater. This year's plays will be Rodgers & Hammerstein's *Cinderella* and Roald Dahl's *Matilda The Musical*.

A chartered bus will depart from the Heritage Center on **Monday, June 4** and we will stay 3 nights at the Casa-Blanca Hotel in Mesquite, Nevada. We will return on **Thursday, June 7**. The cost is **\$375** per person (double occupancy) or **\$450** (single room) and includes lunch on the bus heading to Mesquite, a \$65 meal card at the Casa-Blanca, two pre-show dinners at Tuacahn, and tickets to the two musical plays.

Registration began Wednesday, March 28 and seating is limited. A minimum **\$50** deposit is required for each participant to register for the trip. Trip payment in full required by Tuesday, May 1 at 4:00. Travelers may register for themselves and **one** other person.

Cancellations must be made prior to Tuesday, May 1 for a full refund. After May 1, trip refunded amounts will be on a case-by-case basis.

APRIL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO LUNCH	3 BAKED SALMON Asparagus Coleslaw Jello	4 SHEPHERD'S PIE Cauliflower Birthday Cake and Ice Cream 	5 BLT AND SOUP Chips Parfait	6 POPPY SEED CHICKEN CASSEROLE Spring Mix Salad Green Beans Cookie
9 NO LUNCH	10 BRUNCH CAFÉ 11:00 - 12:30 	11 SPAGHETTI AND MEATBALLS Garlic Bread Side Salad Fresh Fruit	12 RATATOUILLE CHICKEN BREAST Mashed Potatoes and Gravy Cheesecake	13 CHICKEN SALAD CROISSANT Steamed Veggies Chips No-Bake Oreo Dessert
<p>Lunch is served Tuesday through Friday between 11:30-12:30 Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from \$2-\$4 Tickets for Special Events need to be purchased in advance</p>				
16 NO LUNCH	17 FRAUD SYMPOSIUM \$8 per person Advance purchase Required	18 CHICKEN STRIPS Broccoli Salad Party Potatoes Pudding	19 TERIYAKI MEATBALLS Rice Veggie Stir Fry Cookie	20 TURKEY WRAP Potato Salad Balsamic Glazed Carrots Ice Cream Sandwich
23 NO LUNCH	24 CHILI CHEESE DOG Fries Peas Banana Bread	25 CHICKEN THIGH Side Salad Roasted Potatoes Cinnamon Roll	26 CHICKEN ENCHILADAS Spinach Salad Spanish Rice Churro	27 LASAGNA Cheese Bread Brussel Sprouts Brownie
30 NO LUNCH				